

SELF CARE

Healthy Swimming

Swimming, one of the most popular activities in the country, is a fun, active, and healthy way to spend leisure time. Every year, millions of people visit “recreational water” sites, such as swimming pools, water parks, hot tubs, lakes, rivers, or the ocean.

Over the past century, the use of modern disinfection systems in pools and environmental improvements in our lakes, rivers, and oceans has improved the quality of recreational water. Despite this, there has been an increase over the past decade in the number of outbreaks of illness associated with swimming.

Healthy Swimming behaviors are needed to protect you and your children from recreational water illnesses (RWIs) and will help stop germs from getting in the pool in the first place.

Tips for Healthy Swimming

1. Don't swim when you have diarrhea - this is especially important for kids in diapers. You can spread the germs into the water and make other people sick.
2. Don't swallow the pool water. In fact, try your best to avoid even having water get in your mouth.
3. Practice good hygiene. Take a shower before swimming and wash your hands after using the toilets or changing diapers. Germs on your body end up in the water.
4. Take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.
5. Change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.
6. Wash your child thoroughly (especially the rear end) with soap and water before swimming. We all have invisible amounts of fecal matter on our bottoms that end up in the pool.
7. Make sure the pool or recreational water area is clean before entering the area. It is important to notify the pool manager when the pool needs disinfecting.



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